

**MS. AVULA PRASANTHI**

Lead - Physiotherapist / Senior Exceutive

**Qualification**

MPT (Neuro & Psychosomatic Disorders)

## Overview

Ms. Avula Prasanthi is a highly skilled Physiotherapist in Bangalore. She is currently practising as the Lead Physiotherapist and Senior Executive - Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, Bangalore, where she brings extensive clinical expertise in Neuro and Psychosomatic Disorders Rehabilitation. With years of dedicated experience in neurophysiotherapy, Ms. Avula has been instrumental in helping patients recover from complex neurological and psychosomatic conditions through evidence-based therapeutic interventions. Her work reflects a profound understanding of how neurological impairments affect movement, function, and quality of life, allowing her to design individualised rehabilitation programmes that address both the physiological and emotional aspects of recovery. Ms. Avula's professional journey has been deeply rooted in the field of neurorehabilitation, where she specialises in managing patients recovering from stroke, traumatic brain injury, spinal cord injury, multiple sclerosis, Parkinson’s disease, and other central and peripheral nervous system disorders. Her treatment philosophy centres on promoting neuroplasticity – the brain’s ability to reorganise and

form new neural connections – through task-oriented training, motor relearning, and progressive exercises that facilitate independent function. In psychosomatic rehabilitation, she employs a holistic approach that bridges the gap between mind and body, integrating therapeutic exercises with relaxation techniques, breathing regulation, and stress management to improve physical outcomes in patients affected by chronic pain, anxiety-related muscular tension, and other mind-body interaction conditions. Her leadership as a Senior Executive Physiotherapist involves not only direct patient care but also guiding multidisciplinary rehabilitation teams comprising occupational therapists, speech-language pathologists, and clinical psychologists to deliver integrated, patient-centred treatment plans. She plays a vital role in developing advanced rehabilitation protocols for both inpatient and outpatient settings, ensuring that every patient receives comprehensive and evidence-backed care aimed at long-term recovery. Ms. Avula's clinical decision-making reflects a balance of scientific precision and empathetic understanding, particularly when working with patients facing prolonged disability or adjustment difficulties following neurological trauma. Beyond her clinical practice, Ms. Avula is deeply committed to patient education and empowerment. She believes that recovery extends beyond therapy sessions and works closely with families and caregivers to train them in supportive techniques, safe mobility practices, and home exercise regimens that maintain continuity of care. Her sessions often emphasise the psychological resilience required for neurorehabilitation, helping patients rebuild confidence, motivation, and self-efficacy as they navigate the journey of regaining independence. Ms. Avula's academic background in Master of Physiotherapy (Neuro and Psychosomatic Disorders) has provided her with a strong foundation in neurophysiology, kinesiology, and therapeutic interventions tailored for neurological dysfunctions. She continuously updates her knowledge through workshops, professional forums, and research discussions in emerging rehabilitation modalities such as robotic-assisted

physiotherapy, virtual reality-based therapy, and cognitive-motor integration approaches. Her dedication to advancing the field of physical medicine and rehabilitation aligns perfectly with the patient-centric philosophy of Manipal Hospital, where she upholds the highest standards of safety, ethics, and care. Whether managing acute neurological conditions or chronic psychosomatic ailments, Ms. Avula Prasanthi stands out for her holistic, empathetic, and scientifically grounded approach to physiotherapy. Her unwavering focus on functional recovery and mental well-being makes her a trusted expert in restoring mobility, reducing pain, and improving the overall quality of life for her patients.